



# SCHOOL & FAMILIES TOOLKIT





## Welcome to the PauseRI Toolkit!

Behavioral healthcare is a serious societal issue. 46% of Americans will meet the criteria for a diagnosable mental health condition sometime in their life and 19 million adults in our country have struggled with a substance use disorder in the past year. COVID has created additional stressors and Rhode Islanders are experiencing unprecedented times of hardship due to the pandemic. We have lost jobs, homes, the ability to secure our next meal, and the hardest of all, our loved ones.

PauseRI is a federal program from FEMA (Federal Emergency Management Agency) and SAMSHA (Substance Abuse and Mental Health Services Administration) to provide support services and resources to any and all Rhode Islanders dealing with the “natural disaster” of COVID. Like in other natural disasters (think hurricane, wildfires or tornado), FEMA provides short-term support to aid communities and states. PauseRI, along with a unified partnership of Rhode Island mental health providers, is here so you can pause, simply breathe, pick up the pieces, heal and move forward.

This School & Families toolkit was created to provide resources for families with children. The goal of this toolkit is to provide resources and support to assist Rhode Islanders on a path to behavioral health wellness.

### Included in this toolkit are:

- School & Families Tip Sheet including state resources
- Resources for dealing with stress in children and families
- Staying Safe during COVID information

Despite the ongoing chaos around us, we can and will get through this. Now is a good time to pause. To Assess. To self-reflect, and ask for help if you can't do this alone. PauseRI is a project of BHDDH. (State of Rhode Island Department of Behavioral Healthcare, Developmental Disabilities, and Hospitals). For more information contact [christine.ure.ctr@bhddh.ri.gov](mailto:christine.ure.ctr@bhddh.ri.gov) or visit the PauseRI website at <https://bhddh.ri.gov/pauseri>.

## SCHOOLS/CHILDREN/FAMILIES TIPSHEET

# STATE RESOURCES:

### **Rhode Island Department of Children, Youth & Families:**

<http://www.dcyf.ri.gov>

For pandemic-related stress or anxiety,

### **PAUSE RI provides crisis counseling:**

Call or visit <https://bhddh.ri.gov/pauseri/index.php>:

**FOR ANYONE 18 AND OVER: Call (401) 414-LINK (5465)**

**FOR ANYONE UNDER 18: CALL 855-KID (543)-LINK (5465)**

For information, visit:

RI Dept. of Behavioral Healthcare, Developmental Disabilities & Hospitals:

<https://bhddh.ri.gov/covid/>

RI Dept. of Health: <https://covid.ri.gov>

# FOR MORE INFORMATION, VISIT:

### **RI Dept. of Behavioral Healthcare, Developmental Disabilities & Hospitals:**

<https://bhddh.ri.gov/covid/>

RI Dept. of Health: <https://covid.ri.gov>



# STAYING SAFE FROM COVID-19

STAY HOME  
WHENEVER POSSIBLE



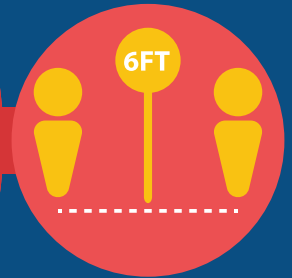
WEAR A MASK  
WHEN IN PUBLIC



AVOID LARGE  
GROUPS OF PEOPLE



## COVID-19 SAFETY TIPS



STAY UP TO 6FT  
AWAY FROM OTHERS



WASH YOUR HANDS  
WHENEVER POSSIBLE



AVOID HAND CONTACT  
WITH OTHER PEOPLE



DISINFECT COMMONLY  
TOUCHED OBJECTS



AVOID TOUCHING  
YOUR EYES AND MOUTH

FOR MORE COVID-19 SAFETY TIPS VISIT:  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

# STRESS MANAGEMENT IN CHILDREN AND FAMILIES

## WATCH FOR BEHAVIOR CHANGES IN YOUR CHILD

***Not all children and teens respond to stress in the same way.***

**Some common changes to watch for include:**

- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting).
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability and “acting out” behaviors in teens.
- Poor school performance or avoiding school.

## WAYS TO SUPPORT YOUR CHILD

- Talk with your child about the COVID-19 outbreak.
- Answer questions and share facts about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it's okay to feel upset.
- Limit your family's exposure to news coverage of the event, including social media.

**In the event of a crisis remember to call these numbers:**

**Emergency:** 911

**Disaster Distress:** CALL or TEXT 1-800-985-5990 (press 2 for Spanish)

**National Suicide Prevention:** 1-800-273-TALK (8255) for English  
1-888-628-9454 for Spanish

**National Domestic Violence:** 1-800-799-7233 or text LOVEIS to 22522

**National Sexual Assault:** 1-800-656-HOPE (4673)

**The Eldercare Locator:** 1-800-677-1116

**Veteran's Crisis Line**external icon: 1-800-273-TALK (8255) or text: 8388255





# ROUTINE SCHEDULE SHEET

**The COVID-19 pandemic is a stressful time that's why it's important to keep a daily schedule for you and your family. Try to include designated times for healthy activities such as walks and limit screen time.**

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